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SPECIAL EFFECTS MAKE THE HOBBIT'S GOBLINS, TROLLS LOOK UGLIER THAN USUAL; REEL GUYS AREN'T INTO IT PAGE 10

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'Idle No More' over Bill C-45

Approximately 400 protesters took to the streets Thursday to voice their anger over Bill C-45. JEFF MACKEY/METRO

Movement originated in Sask. Native groups and supporters to rally on Parliament Hill in Ottawa Dec. 21

JEFF MACKEY
jeff.mackey@metronews.ca

As part of a national movement in protest of the federal government's Bill C-45, Saskatchewan native groups took to the streets of Regina in solidarity on Thursday afternoon.

Approximately 400 people turned out on a chilly Thursday for a unity march that began at 1:30 p.m. on the corner of Angus Street and 5th Avenue and headed south on Albert Street to the provincial legislature.

The march, bookended by a police presence, slowed traffic on Albert Street as marchers waived signs and chanted slogans.

"This is the beginning of a movement," said Edmund Bellegarde, tribal chairperson of File Hills Qu'Appelle Tribal Council.

"We will continue to march, we will continue to rally, and we will continue to support this movement and the voices of our people who will 'Idle No More.'"

The omnibus bill makes changes to the Indian Act, the Navigable Waters Protection Act and the Fisheries Act, among others.

Many in opposition to the controversial bill are angry over the lack of consultation from the federal government.

Follow Jeff Mackey on Twitter: @MetroJeffMackey

Funny woman

Metro catches up with Barbra Streisand ahead of her return to the big screen with the comedy The Guilt Trip PAGE 11

They're full of good cheer

U of R squad reps for Canada at cheerleading worlds PAGE 2

Obsessed fan?

Inmate told police he hatched Bieber murder plot after singer didn't return his messages PAGE 4

CO-OP
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MOVING AHEAD BY GIVING BACK
OVER $2 MILLION
PAID BACK TO MEMBERS IN 2012

The University of Regina Cheer Team after their win at nationals this month, adding to their titles in 2010 and 2008. This win helped secure them a spot at the World University Cheerleading Championship in Orlando in January. CONTRIBUTED

Cheering all the way to worlds

Cheerleading championship.
U of R Cheer Team to represent Canada at world championship

ALYSSA MCDONALD
alyssa.mcdonald@metroworldnews.ca

The University of Regina Cheer Team has a big reason to cheer — they are representing Canada at the World University Cheerleading Championship.

The three-time national championship team — all of whom are from Saskatchewan — will be the only team from Canada at the event and is the only Canadian coed team to ever attend.

Thomas Rath, the team's head coach for the last three years, said they are elated.

"It's such an honour to be asked to do something like that for not just your team, not even just your province but for the country," he said.

After winning the top spot at nationals on Dec. 1, the team beat out other division champions for a partial funding invitation to the world championship in Orlando from Jan. 18 to 20.

"It's one of those steps to confirm that we aren't behind the curve and we are right there pushing the forefront and growing cheerleading just as much as the major Eastern clubs are, and we are a true presence in the cheerleading community in Canada," said Rath.

The team will have to adjust to different competition regulations for the world's, and will only have 16 people — four boys and 12 girls — on the mat instead of their regular 27.

"For the world's, we have had to do some re-jigging (of) choreography ... to be able to be ready to compete in January," said Rath.

Fundraising

The team is holding a fundraiser for the trip on Boxing Day at The Owl. Tickets are $5.

Uranium

Town could cash in on $200M

Two big uranium mining companies have signed an agreement with a northern Saskatchewan village and a Metis group.

The deal between Cameco, Areva Resources Canada Inc., the village of Pinehouse and Kineepik Metis Local Number 9 could be worth about $200 million over the next 11 years.

Pinehouse Mayor Mike Natomagan says the deal will provide long-term benefits to the community.

The benefits include a commitment to hire more of the area's residents, as well as annual payments to the village that range from $200,000 up to $1 million. **THE CANADIAN PRESS/CJME**

GLCR

Drag show for a good cause

Mister and Miss Gay Regina of the Gay and Lesbian Community of Regina (GLCR) hosts nightclub events to raise money for their non-profit, which supports all activities in the centre.

On Friday, the group is hosting an open-theme drag show.

Miss Gay Regina Jenny Talia says the performance can be shocking at times. "Some people base their performance on trying to look like the opposite gender as much as possible, and other performers rely on more shock value. I am one of those kind of people that like to leave a last impression," said Talia.

"Every dollar that we raise helps keep our building open, which allows a space for other organizations as well," said Talia.

Doors open Friday at 9 p.m. at the GLCR and the show starts at 10:30 p.m. Admission is $5. **METRO**

Province hailing physician recruitment mission in India

Saskdocs. Delegates planning to return to India in June to offer contracts for those who are eligible

JANE CAULFIELD
Metro in Saskatoon

The provincial government is hailing a recent physician recruitment mission to India as a success.

"I'm very pleased that so many are interested in Saskatchewan," said Health Minister Dustin Duncan in a press release. "I look forward to these qualified professionals working with our home-grown Saskatchewan physicians to provide medical services to the people of Saskatchewan."

Delegates from the Saskatchewan medical community, including the physician recruitment agency called Saskdocs, travelled to India Nov. 16 to 30, hosting information sessions with 440 doctors.

The purpose of this trip — the first of two — was to cultivate interest from Indian doctors considering a move to Saskatchewan to practice in family medicine, specifically in rural areas.

"We travelled to India expecting that interest would be high among those who were thinking about moving here to practice medicine and we were very happy with the response," said Ed Mantler, CEO of Saskdocs, in a press release.

Officials targeted India for recruitment because the country has a reputation for training more doctors than it needs.

Delegates are planning on returning in June, this time to offer contracts to those who are eligible to be licensed to practice medicine in Saskatchewan.

James Winkel, communications manager for Saskdocs, said international recruitment efforts are meant to find doctors whose training and experience will compliment those trained in Saskatchewan.

"Our priority, of course, is to train and recruit as many of our own doctors ... (but) training is a long process and we need doctors right now," said Winkel.

Ed Mantler, CEO of Saskdocs, speaks with two doctors in India during a recent physician recruitment mission. SASKDOCS/BRENDA TAYLOR

Saskatchewan is a charitable province, study finds

A volunteer with the Salvation Army in Saskatoon stands with one of their Christmas Kettles — an annual campaign collecting cash donations that go toward a number of social services in the community. CONTRIBUTED/SALVATION ARMY

Saskatchewan is a province that likes to give, according to a study released Thursday.

With 25.2 per cent of tax filers claiming donations on their 2010 returns, the study, conducted by the B.C.-based Fraser Institute, puts Saskatchewan — tied with P.E.I. — in the second position on a list ranking each province and territory.

Manitoba ranked as No. 1 with 26.2 per cent of tax filers claiming deductions for donations on their taxes in 2010.

Newfoundland and Labrador took last place with 21.1 per cent.

When it comes to the average amount donated, however, Saskatchewan falls a little short.

The average amount of charitable donations in Saskatchewan is $1,519, placing the province in the sixth position nationally.

Alberta sits in the top position with an average donation of $2,289. Quebec rounded out the rankings at the bottom with an average of $641 being donated.

Want to give this Christmas?

Giving doesn't always come in the form of a cash donation — donating your time is often just as valuable. If you are thinking about volunteering, or making a cash donation, there are a number of services in your community that are looking for extra help over the holidays.

- Salvation Army
- Soup kitchens such as Souls Harbour Rescue Mission in Regina or the Friendship Inn in Saskatoon
- United Way
- Animal shelters, such as the Saskatoon SPCA or the Regina Humane Society

The study also compared the charitable nature of Canadians to Americans, noting that the United States is more likely to donate than Canada.

JANE CAULFIELD/METRO IN SASKATOON

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Butcher's Choice

Burgers recalled over E. coli cases

Four cases of E. coli infection have prompted a recall of frozen hamburgers across the country.

The Canadian Food Inspection Agency and Loblaw Companies Ltd. are warning the public to avoid certain Butcher's Choice Garlic Peppercorn Beef Burgers because of possible contamination.

The affected product is sold frozen in 1.13-kilogram packages with a best-before date of March 3.

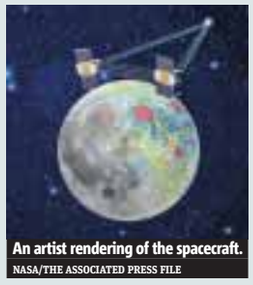
Public Health officials notified the CFIA on Dec. 5 that the E. coli cases could possibly be linked to a food source, which prompted the investigation into the meat. THE CANADIAN PRESS

Ebb and Flow

Nasa spacecraft to crash into moon

Twin Nasa spacecraft will crash into the lunar surface next week after a successful mission mapping the moon's gravity.

They're aiming for a mountain that's far away from the Apollo landing sites. THE ASSOCIATED PRESS



An artist rendering of the spacecraft.
NASA/THE ASSOCIATED PRESS FILE

Oregon slayings

Mall shooter's act a shock to family

To police and witnesses, Jacob Tyler Roberts was a gunman on a mission, firing a semiautomatic rifle as he stalked through a U.S. mall, killing two people and seriously injuring another before killing himself. To shocked friends and family, he was just Jake, an easygoing 22-year-old who liked video games and talked about moving to Hawaii.

"Jake was never the violent type," Roberts' ex-girlfriend, Hannah Patricia Sansburn, told ABC News. "His main goal was to make you laugh, smile, make you feel comfortable. You can't reconcile the differences." THE ASSOCIATED PRESS

Alleged plot to kill Bieber foiled at Canadian border

Wrong turn. Police say alleged would-be assassins arrived at the border by mistake, were arrested, then betrayed

A plot to kill Justin Bieber, allegedly masterminded by a 45-year-old prisoner obsessed with the star, was derailed when the accused would-be assassins accidentally ended up at the Canadian border, according to court documents.

Dana Martin, serving two life sentences in a New Mexico prison for the killing of a 15-year-old girl, told police he had hatched the scheme after Bieber never returned his messages.

Police recounted in an affidavit that Martin, who has a tattoo of Bieber on his leg, told them the sleight was partly why he dreamt up the plot.

"In the end, what Mr. Martin stated he was seeking was a measure of notoriety," police wrote.

Bieber was not the only target in the alleged conspiracy — police say two men Martin hired were also told to kill Bieber's bodyguard and two people unconnected to the star.

Justin Bieber at Z100's Jingle Ball in New York last Friday.
EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

The men Martin allegedly had carrying out his plot were to use pruning shears to cut off the testicles of the first two victims in Vermont, kill them, then travel to New York, kill the bodyguard and abduct and kill Bieber, Martin told police.

Martin said he drew Mark Staake, 41, into his plot when they met in prison this year with claims he had a lot of money, a hide-out and gang connections.

Staake brought his 23-year-old nephew, Tanner Ruane, into the scheme, Martin told investigators.

Staake was released on probation at the end of October. The murder was to take place in New York at the end of November, according to the affidavit, when Bieber was there for a concert.

The team arrived in Vermont on Nov. 19 but realized on the highway they were headed to the Canadian border, according to the affidavit. They missed the last exit before the border and turned around to join the cars entering the Highgate Springs, Vt., point of entry, police said.

The U.S. border agent found Staake had an outstanding probation violation warrant and he was arrested.

Martin and Ruane spoke on the phone later that day, and when Ruane told Martin that Staake had been arrested, Martin called off the plot. In the phone call, recorded by authorities, Ruane expressed disappointment at the decision, saying they had found one of the victims' homes.

Martin told his story to police the next morning and Ruane was arrested with a pair of pruning shears and information on the locations of the first two intended victims, police wrote. New York State Police said Thursday that a "hand-written drawing of a depiction of Justin Bieber" was also found in the vehicle.

Staake and Ruane were arrested on charges of two counts each of conspiracy to commit murder and two counts each of conspiracy to commit aggravated battery. THE CANADIAN PRESS

Dana Martin LEON COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

Mark Staake VERMONT STATE POLICE/ THE ASSOCIATED PRESS

Tanner Ruane NEW YORK STATE POLICE/ THE ASSOCIATED PRESS

Royal hoax. Details emerge on nurse's apparent suicide

A nurse was found hanging in her room three days after she had been duped by a hoax call from Australian DJs about the pregnant Duchess of Cambridge, a U.K. inquest was told Thursday. The case is being treated as an apparent suicide.

Coroner's officer Lynda Martindill said nurse Jacintha Saldanha was discovered hanging by a scarf from a wardrobe in her nurses' quarters Friday by a colleague and a member of security staff at London's King Edward VII Hospital.

Police detective chief inspector James Harman said Saldanha, 46, also had injuries to her wrists.

He told the inquest at Westminster Coroner's Court that two notes were found at the scene and another was found among Saldanha's belongings. He said there were no suspicious circumstances, meaning nobody else was involved in Saldanha's death.

Harman said detectives are investigating what led to her death and would be contacting police in the Australian state of New South Wales to collect "relevant evidence." THE ASSOCIATED PRESS

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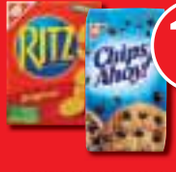

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Russia admits Assad could fall

Boys attend class in a city under control of the Free Syrian Army in Aleppo province, Syria. MANU BRABO/THE ASSOCIATED PRESS

Allies. Russia won't say if it will change pro-Syria stance at UN Security Council

Syria's most powerful ally and protector, Russia, began positioning itself Thursday for the fall of President Bashar Assad, saying for the first time that rebels might overthrow him and preparing to evacuate thousands of Russian citizens from the country.

The head of NATO echoed the Russian assessment, saying the Syrian government is near collapse following a nearly two-year conflict that has killed more than 40,000 people and threatened to ignite the Middle East. Assad appears to be running out of options, with insurgents at the gates of the capital and the country fracturing under the weight of a devastating civil war.

"An opposition victory can't be excluded, unfortunately, but it's necessary to look at the facts: There is a trend for the government to progressively lose control over an increasing part of the territory," Russian Deputy Foreign Minister Mikhail Bogdanov, Moscow's Middle East envoy, said during hearings at a Kremlin advisory body.

Still, Bogdanov gave no immediate signal that Russia would change its pro-Syria stance at the UN Security Council, where Moscow has shielded Damascus from world sanctions.

Syrian ties

Russia has sold Syria billions of dollars worth of weapons.

- The Russians also strongly oppose a world order dominated by the United States, and they are keen to avoid a repeat of last year's NATO air campaign that led to the ouster of Libyan leader Moammar Gadhafi, a former ally of Moscow.

Russia's acknowledgment that Assad could lose the fight is an embarrassing blow to the regime, which describes the rebels as terrorists sent from abroad with no popular support. THE ASSOCIATED PRESS

Brawl breaks out in Ukrainian parliament

Ukraine's newly-elected parliament on Thursday approved two presidential allies for the posts of prime minister and parliament speaker, but the vote was nearly overshadowed by a violent brawl between government supporters and opposition lawmakers.

The Party of Regions led by President Viktor Yanukovych and its allies secured a majority in the Verkhovna Rada following an October election condemned as unfair by the West. But three opposition parties made a strong showing and vowed to challenge Yanukovych's grip on power. Some took that literally. For the second day of the new parliament's work, fists flew as opposition lawmakers chanted "Shame! Shame!" and "No to defectors!"

Lawmakers fight around the rostrum during the first session of Ukraine's newly-elected parliament on Thursday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Shortly after parliament began its work Thursday morning, opposition lawmakers swarmed the parliament's podium and a fight erupted with pro-government legislators. THE ASSOCIATED PRESS

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Google hides porn under cyber mattress

Filtering furor. Change to SafeSearch settings means fewer saucy pics turn up in results

In a move that polarized online opinion, Google introduced a new algorithm Thursday that will produce fewer pornographic images on its image search.

The change took effect in the U.S. only, and hasn't yet been implemented in Canada.

Twitter was abuzz with the change, which seems to affect the U.K., U.S. and Canada, but not some European countries like Germany.

"Is Google Censuring Porn on Image Search, or Is Search Broken?," tweeted @Philbo as news of the new filter broke Thursday morning.

Most of the early tweets expressed dismay in what was perceived to be increased censorship.

"Don't be evil, Google? Then why does your new Google Images algorithm make it harder to find porn?," tweeted @omar_aok.

But some users saw an upside: "Good news for schools: Google image search gets safer," wrote @jeremypearson.

The new search results come after Google recently changed its SafeSearch settings. Instead of having three SafeSearch options (off, moderate and on), users now only have the option of turning an explicit results filter on or off.

In a statement emailed to Torstar News Service, Google explained that the adult content isn't being censored, just that a user will have to search for it specifically.

"We use algorithms to select the most relevant results for a given query. If you're looking for adult content, you can find it without having to change the default setting — you just may need to be more explicit in your query if your search terms are potentially ambiguous," the statement read.

"No filter is 100 per cent accurate, but SafeSearch should help you avoid most of this type of material," writes Google on its help site.

Twitter user ?@_WillieClark solemnly declared Thursday "The day the porn died."

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 101.54¢ (-0.01¢)

TSX 12,289.17 (-63.92)

OIL $85.89 US (-88¢)

GOLD $1,696.80 US (-$21.10)

Natural gas: $3.35 (-4¢)
Dow Jones: 13,170.72 (-74.73)

Can you give us examples?

"If you're looking for adult content, you can find it without having to change the default setting — you just may need to be more explicit in your query..."
Google statement

Take that, Apple — Google Maps makes a return

The new Google Maps application is shown in New York on Thursday. The world's most popular online mapping system has returned with the release of the Google Maps iPhone app. The release comes nearly three months after Apple Inc. replaced Google Maps — which was the iPhone's built-in navigation system — with its own map software. But Apple's maps proved to be far inferior, and the product's shoddiness prompted Apple CEO Tim Cook to issue a rare public apology. A Google Maps iPad app is in the works, but for now, iPad owners can use the maps in iPhone mode. That won't be the best experience, but still may be better than Apple's maps on the iPad. KARLY DOMB SADOF/THE ASSOCIATED PRESS

Ottawa

Supreme Court sides with cable, satellite firms on fee system

The CRTC does not have power to make cable providers pay broadcasters for carrying their TV signals, a decision handed down Thursday by the Supreme Court of Canada that one analyst said should be a win for consumers.

While the decision was hailed by one major cable company as a step forward for customers, broadcasters said the very survival of local TV is at stake.

The Supreme Court ruled in a 5-4 decision that setting up such a system is not within the scope of the Canadian Radio-television and Telecommunications Commission.

Telecom analyst Troy Crandall said it's the status quo for consumers, who won't have to bear any costs of a fee-for-carriage system. "It looks like a win for consumers right now because it's not going to have an immediate impact," said Crandall of MacDougall, MacDougall & MacTier in Montreal. THE CANADIAN PRESS

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U.S. cyberstalking law would limit apps that track cellphone users

For about $50, a jealous wife or husband can download cellphone software that can track the whereabouts of a spouse better than any private detective. But in the United States, it soon might be illegal.

The Senate Judiciary Committee was expected on Thursday to approve a law closing a legal loophole that allows so-called cyberstalking apps to operate secretly on a cellphone and transmit the user's location without a person's knowledge.

Telephone companies are barred from disclosing to businesses the locations of people when they make a traditional phone call.

But there's no such prohibition on the Internet, and the ambiguity has created a niche for companies such as Retina Software, which makes ePhoneTracker and describes it as "stealth phone spy software."

Sen. Al Franken introduced the mobile-privacy bill after a domestic-violence case in Minnesota in which a woman was stalked via her cellphone. THE ASSOCIATED PRESS FILE

Retina Software says the program is for the lawful monitoring of a cellphone that the purchaser of the software owns and has a right to monitor. But supporters of the bill said there is no way to ensure the rules are followed. Such programs can be installed in moments, perhaps while the cellphone's actual owner is sleeping or in the shower. The apps operate invisibly to the cellphone's user.

Victim's advocacy groups say the bill will help to curb stalking and domestic violence.

THE ASSOCIATED PRESS

Keeping track

"Suspect your spouse is cheating? Don't break the bank by hiring a private investigator."
Slogan on Retina Software's website

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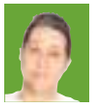


THE LIST
Mike Benhaim
metronews.ca

1 **Pimpin' primate:** The week's top story involves a stylishly-dressed monkey wandering cluelessly around a store, and eventually taken to live with a baboon. Wasn't that the premise for Jersey Shore?

2 **Call Me Maybe:** The "Robocall" challenge went before Federal court this week. Voters questioned the integrity of the election process, and political scientist Peter Russel said, "Canadian citizens don't want to be lied to in robocalls." He's right. Canadians are accustomed to politicians who lie to us in person, dammit!

3 **Diminishing returns:** Imagine waiting hours at a restaurant for a steak, and then being given two of them minutes before they close. You now have to consume massive quantities in a hurry, and while the first two bites are satisfying, the whole thing just ends up making you sick. Welcome to your condensed NHL season.

4 **Good for the goose:** The Canadian dollar rose slightly this week while American currency weakened when it was announced that the U.S. Federal Reserve would be printing additional money to buy up more bonds. I had a friend who used to do that but I haven't seen him in years.

5 **Single mother:** An 11-year-old female polar bear at the Toronto Zoo, who last year rejected three of her own cubs, gave birth to three more on Dec. 6. One died shortly after birth, and the others died on Sunday. The zoo is unclear about how these last two died, and they are investigating. Now, I'm no social worker, but maybe she's just not ready for motherhood?

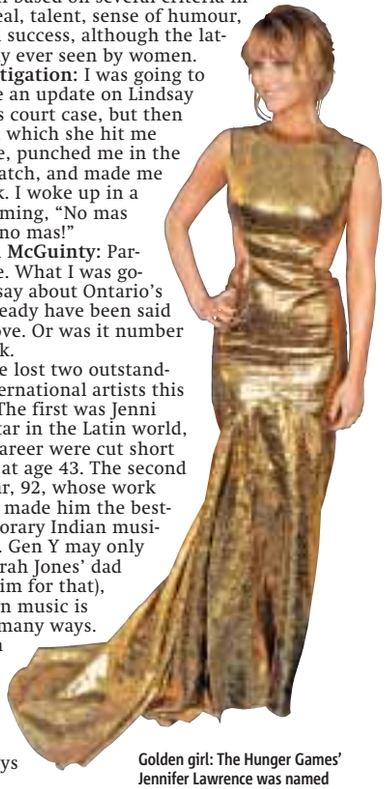
6 **Ask Men?:** Jennifer Lawrence, the 22-year-old star of The Hunger Games, has been named the "most desirable woman" of the year in an annual AskMen.com poll based on several criteria including sex appeal, talent, sense of humour, and professional success, although the latter three are only ever seen by women.

7 **Li-Lo litigation:** I was going to provide an update on Lindsay Lohan's court case, but then I had a dream in which she hit me with her Porsche, punched me in the face, stole my watch, and made me watch Liz & Dick. I woke up in a cold sweat screaming, "No mas Lindsay, please, no mas!"

8 **Dalton McGuinty:** Pardon me. What I was going to say about Ontario's premier may already have been said in number 2 above. Or was it number 1? Take your pick.

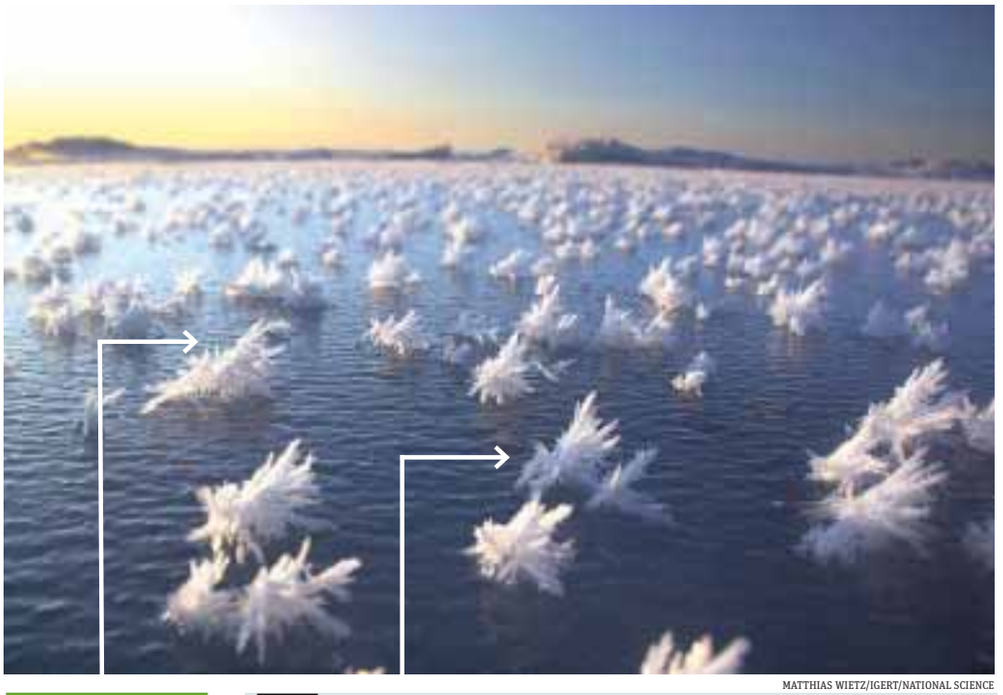
9 **RIP:** We lost two outstanding international artists this week. The first was Jenni Rivera, a huge star in the Latin world, whose life and career were cut short in a plane crash at age 43. The second was Ravi Shankar, 92, whose work with the Beatles made him the best-known contemporary Indian musician of our time. Gen Y may only know him as Norah Jones' dad (and we thank him for that), but his impact on music is unparalleled in many ways. Thankfully, both of these artists left their music for us to cherish. Rock & Roll heaven awaits.

Happy Holidays to all.



Golden girl: The Hunger Games' Jennifer Lawrence was named AskMen.com's 'most desirable woman' of the year. GETTY IMAGES FILE

Blooming cold in the Arctic



MATTHIAS WIETZ/IGERT/NATIONAL SCIENCE

In the garden of freezin'

Chilly air creates a sea of flowers at the North Pole

Some (flowers) like it hot, but others like these in the North Pole prefer it very cold. Frost flowers, a natural phenomenon where frost grows amid an extremely cold atmosphere on top of warmer water, form unusual floral structures that host microorganisms. Oceanographer Jeff Bowman spoke to Metro about his research.

METRO WORLD NEWS

Q&A

Like frost, but in 3-D

How are these frost flowers formed?
They grow on new ice with open cracks. The extremely cold air (below -8 C) becomes saturated and frost starts to form on the ice's imperfections. Then feathery structures begin to grow out of the cracks, and incorporate marine salt and microorganisms like algae. They are no different to frost formations, but only in 3-D.

What is the significance of these ethereal structures?

Jeff Bowman at work in the Arctic Ocean. MATTHIAS WIETZ/IGERT/NSF

Chemical reactions in the flowers produce compounds that help form clouds. This low cloud cover can alter the local climate — by reflecting sunlight back into space — and thus make the region colder. In addition, frost flowers can potentially release aerosols, which can lead to ozone depletion. But so far this is nothing more than speculation.

What was your first reaction when you saw these?
They are stunning and so ubiquitous, you can see them for kilometres. They form very abruptly, within only a few hours. I recall one expedition to the North Pole: when the fog cleared the entire icescape was covered as far as the eye could see by these bizarre yet beautiful shapes.

Metropolitan Panel

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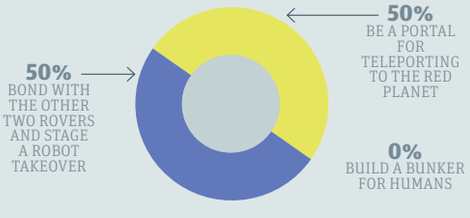
NASA is planning to send another rover to Mars. What should be its mission?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BE A PORTAL FOR TELEPORTING TO THE RED PLANET
50%
BOND WITH THE OTHER TWO ROVERS AND STAGE A ROBOT TAKEOVER
0%
BUILD A BUNKER FOR HUMANS

Twitter

@JaimeWGarcia: Food security is more than a buzzword. At its core food security is about consumption of locally produced whole foods #skpoli

@Hluska: A clumsy, sarcastic geek who liked Monty Python. Needless to say, I had to hire body guards to protect me from mobs of screaming girls...

@LilDeuceDeuce: Aargh...fell on my icy driveway the other day and my neck and shoulder's all messed up. Gotta love Canadian winter.

@Randolftime: 7-11 it took you 29 years to let me down, but today the spoiled milk ruin a perfectly good cereal medley #7-11 #cerealproblems

@bgoges: Ok peeps, #TeganAndSara will be performing in #YQR march 4th! Who's coming with me!? #SoExcited @teganandsara

metro

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The Hobbit is a coming-of-age story for Bilbo Baggins. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

High-def hobbits?

Too much tech. The tale of the beginning of Lord of the Rings is overshadowed by 48 frames per second

Richard: Ned, as much as the story and performances, people will be talking about the presentation of the movie. Shot and projected at 48 frames a second — twice the industry standard — the picture is so vivid, so pristine, it doesn't really look like a movie. Combine that with the 3D and it's like watching mega high-definition. Every goblin wart and troll blemish is distinct enough to give dermatologists everywhere nightmares. What did you think of the mega-super-hi-definition look?

Ned: I have to say, the 48 frames per second was a problem for me. It often looked somewhere between a super-high definition 1980s BBC miniseries and a video game, and it just felt utterly un-cinematic. Saying that it doesn't really look like a movie hits the nail on the head. Christopher Nolan has harped on in the past about film having a "warmth" that video can't replicate, and I think I see what he means here. But the biggest crime, I think, is that the sweeping shots of the New Zealand landscape looked fake.

RC: Perhaps it's like the difference between vinyl or CD. I prefer the warm sound of old-school vinyl to the hard digital preproduction of CD. The pops and skips are part of the experience, just as film blur and grain are a part of watching 35 mm projected on the big screen. Having said that, Gollum is awesome at 48 frames a second. The extended scene (for the record, most of the scenes in the film could be called extended), in which Bilbo and Gollum meet and trade riddles is one of the highlights of the film thanks to Serkis' astounding motion capture performance.

NE: That scene is the true highlight of the film, and it coincidentally is where Martin Freeman, as the younger Bilbo, really shines as well. But even with this standout, Peter Jackson and company manage to spoil it (for me at least) by overdoing Gollum's last line to beat the viewer over the head with another reminder that all this leads to the Lord of the Rings. It's a bad habit running through the film that grows tedious. Elijah Wood's cameo is particularly clumsy in this regard, with him basically describing what he's going to do in his first scene in Fellowship of the Ring and then running off to do it.

RC: It may be clumsy, but I think fans of the series will revel at the chance of revisiting the characters!

NE: Well, they'll have plenty of chances. If you like this one, the good news is it's just the first of three movies.

Synopsis

The prequel to the immensely popular Lord of the Rings films is a coming-of-age story for Bilbo Baggins (Martin Freeman), a stay-at-home hobbit from Bag End, in Hobbiton in the Shire. He's content with his quiet life until Gandalf (Ian McKellen), a wizard, recruits him to help a group of 13 dwarves in their quest to reclaim their former home, the Lonely Mountain, and its treasure from the dragon Smaug.

- Richard: ●●●○○
- Ned: ●●●○○

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Barbra Streisand lets Metro in on a few little secrets about her career

The Guilt Trip.
Multi-talented entertainer dishes about the film industry, Seth Rogen and getting scripts

NED EHRBAR
Metro World News in Hollywood

Barbra Streisand says she wasn't able to find out any dirt about Seth Rogen before they started working together. HANDOUT

Barbra Streisand is many things — an acclaimed actress, singer, director and writer, political activist and philanthropist — but most of all she's a woman not afraid to speak her mind. So what wisdom did Streisand have to impart while promoting the Guilt Trip, her first starring role in a movie since the Mirror Has Two Faces in 1996?

The secret to her success is staying home
"I don't make that many movies and I don't make that many appearances," she says. "That's it. Less is more. And maybe that keeps a little mystery or something. I like to stay home a lot."

She doesn't like where the film industry has been going
"It's not the same as when I last made a film. They're not interested in love stories or any movie that's over $15 million. But it could be $100 million, that's OK. Two hundred million is OK to lose," she says with a laugh. "But movies that I'm used to making or liking, that draw me, they're movies that cost $18 million, $20 million, and they're not interested in those movies. It's a different time. I don't like it as much."

She doesn't actually get sent that many scripts to consider
"I don't. You see, everybody gets like that. 'She must get so many scripts, why would I send it to her? She'll never get a chance to read it,'" Streisand laments. "Meanwhile I'll go, 'Where are the scripts?'"

Getting her to do The Guilt Trip required an actual guilt trip from director Anne Fletcher
"I remember … I said to Anne, 'Would you make the movie without me?' And she said no," Streisand recalls. "I felt bad, guilty. I said, 'Oh no, she's not going to have this job.'"

While co-star Seth Rogen asked around about what working with Streisand would be like, she wasn't able to do any similar research.
"Seth, it turns out, sussed me out," she says. "He called people from the Focker movies. I didn't know who to call. I don't know any of those people from his movies, so what was I going to do?"she adds.

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Southland Mall 3025 Gordon Rd., 306-585-7442

The Guilt Trip (PG) Wed-Thu 5:25-7:55
The Hobbit: An Unexpected Journey (14A) Fri 9:45 Sat-Sun 2:15-6-9:45 Mon-Thu 7:30
The Hobbit: An Unexpected Journey 3D (14A) Fri 6:45-10:25 Sat-Sun 3-6:45-10:25 Mon-Thu 5:10-8:45
Lincoln (PG) Fri 7-10:15 Sat-Sun 12:30-3:40-7-10:15 Mon-Thu 5:15-8:40
Playing for Keeps (PG) Fri 7:15-9:40 Sat-Sun 2:05-4:50-7:15-9:40 Mon-Thu 5:50-8:15
Red Dawn (PG) Fri 6:30-9:10 Sat-Sun 1:30-4:05-6:30-9:10 Mon-Thu 5:45-8
Rise of the Guardians (G) Fri 6:25-9:05 Sat-Sun 1:20-4-6:25-9:05 Mon-Thu 6:10-8:30
Silver Linings Playbook (14A) Fri 6:40-9:30 Sat-Sun 12:55-3:55-6:40-9:30 Mon-Thu 6-8:50 Skyfall (PG) Fri 6:55-10 Sat-Sun 12:40-3:45-6:55-10 Mon-Thu 5:05-8:25 The Twilight Saga: Breaking Dawn Part 2 (14A) Fri 7:20-10:05 Sat-Sun 1:40-4:45-7:20-10:05 Mon-Thu 5:30-8:10
Wreck-It Ralph (G) Sat-Sun 1:50
Wreck-It Ralph 3D (G) Fri 7:25-9:55 Sat-Sun 4:35-7:25-9:55 Mon-Tue 5:25-7:55

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

Batman Returns (STC) Mon 7:30
Flight (14A) Fri-Sat 4-7:05-10:10 Sun 12:55-4-10:20 Mon 10 Tue 7-10:05
The Hobbit: An Unexpected Journey (14A) Fri 4:15-5:15-8-9 Sat-Sun 12:30-1:30-4:15-5:15-8-9 Mon-Thu 8-9
The Hobbit: An Unexpected Journey 3D (14A) Fri 3-6:45-10:30 Sat 11:15-3-6:45-10:30 Sun 11:30-3-6:45-10:30 Mon-Thu 6:45-10:25 Fri 6:15-10 Sat-Sun 2:30-6:15-10 Mon-Thu 6:15-10
Jingle All the Way (STC) Sat 11
Life of Pi 3D (G) Fri 3:55-7-9:50 Sat-Sun 1-3:55-7-9:50 Mon-Wed 7:05-9:55 Thu 7-9:55 The Metropolitan Opera: Aida Live (STC) Sat 11:55
Monsters, Inc. 3D (G) Wed 7:35-10 Thu 7:35-10:05 National Lampoon's Christmas Vacation (STC) Thu 7:30
Rise of the Guardians (G) Sat-Sun 12:10
Rise of the Guardians 3D (G) Fri 5:10-7:50-10:15 Sat-Sun 2:40-5:10-7:50-10:15 Mon-Thu 7:45-10:15
Skyfall (PG) Fri 3:40-7:15-10:30 Sat-Sun 12:25-3:40-7:15-10:30 Mon-Wed 7:15-10:20 Thu 6:50-10:20
The Twilight Saga: Breaking Dawn Part 2 (14A) Fri 4:40-7:30-10:20 Sat 1:15-4:40-7:30-10:20 Sun 1:50-4:40-7:30-10:20 Mon 7-10:20 Tue 7:35-10:20 Wed 7:30-10:20 Thu 7:25-10:20
Wreck-It Ralph (G) Sat-Sun 11:50 Wed 7:20-9:50 Thu 9:55
Wreck-It Ralph 3D (G) Fri 4:55-7:35-10:10 Sat-Sun 2:25-4:55-7:35-10:10 Mon-Tue 7:20-9:50
WWE TLC: Tables, Ladders and Chairs (STC) Sun 7

Kramer IMAX Theatre 2903 Powerhouse Dr., 306-522-4629

No Films Showing Today (STC) Mon
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri 5:30-8:15 Sat 12:30-3-5:30-7 Sun 12:30-3-5:30-8:15 Tue-Thu 12:30-3-5:30-8:15
To the Arctic 3D (G) Sat 1:45-4:15-8:15 Sun 1:45-4:15-7 Tue-Thu 1:45-4:15-7
Tornado Alley 3D (STC) Fri 4:15-7

Paradise Cinema 1011 N. Devonshire Dr., 306-522-7888

Argo (PG) Fri-Thu 9:30
Hotel Transylvania (G) Fri 7 Sat-Sun 1:30-4-7 Mon-Thu 7
Pitch Perfect (PG) Fri 6:50-9:20 Sat-Sun 1:10-3:50-6:50-9:20 Mon-Thu 6:50-9:20

Golden Mile 3806 Albert St., 306-359-5250

Brave (G) Fri-Thu 1:25-4
Cloud Atlas (14A) Fri-Thu 2-7:10
Here Comes the Boom (PG) Fri-Wed 1:10-3:45-6:35-9:20 Thu 3:45-6:35-9:20 Thu 1 Hotel Transylvania (G) Fri-Thu 1:35-3:50-6:55-9:35
Ice Age: Continental Drift (G) Fri-Mon 1:30-3:50 Tue 3:50 Wed-Thu 1:30-3:50
Looper (14A) Fri-Thu 6:45-9:25
The Man With the Iron Fists (18A) Fri-Thu 1:15-3:45-6:30-9:30
Paranormal Activity 4 (14A) Fri-Thu 1:40-4-7-9:50 Sinister (14A) Fri-Thu 6:50-9:40
Taken 2 (PG) Fri-Thu 1:45-4:05-7:05-9:55

Regina Public Library Film Theatre, 23 11 12th Ave., 306-777-6104

Midnight's Children (PG) Thu 9
No Films Showing Today (STC) Mon-Tue
The Perks of Being a Wallflower (PG) Fri 7 Sat 9 Sun 7
Samsara (G) Thu 7
Smashed (14A) Fri 9 Sat 7 Sun 9
Stone of Destiny (PG) Wed 7

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The Hollywood Foreign Press shows love for Abe

Golden Globe noms.

Lincoln grabs seven nods, while in TV, Homeland and Downton Abbey come out as favourites

NED EHRBAR
Metro World News in Hollywood

Steven Spielberg's Lincoln leads this year's Golden Globe Awards nominations, placing in seven categories including best drama, with nods for Spielberg and screenwriter Tony Kushner as well as actors Daniel Day-Lewis, Tommy Lee Jones and Sally Field, and composer John Williams. Other favourites for the Hollywood Foreign Press include Ben Affleck's Argo, Kathryn Bigelow's Zero Dark Thirty and Quentin Tarantino's Django Unchained, all of which received best drama and best director nods, as well as other nominations.

On the television side, new series Nashville, Smash and the Newsroom earned accolades, while longtime awards favourite Mad Men failed to make the best television drama list for the first time. Critical favourites Homeland and Downton Abbey earned four and three nominations each, respectively, and are expected to be favourites when the awards are handed out.

Biggest surprises

The Hollywood Foreign Press clearly has a thing for Nicole Kidman, nominating the actress in both film and TV categories. Her nod for Lee Daniels' The Paperboy may be the most controversial this year, as the film was widely panned coming out of the Cannes Film Festival. Also a surprise? Multiple nominations for Salmon Fishing in the Yemen, an early 2012 film with little to know awards campaign. Stars Ewan McGregor and Emily Blunt earned acting nods while the film made the best musical or comedy list.

Biggest snubs

While Tom Hooper's presumed awards season juggernaut Les Miserables earned nods for best musical or comedy, plus best actor Hugh Jackman and supporting actress Anne Hathaway, Hooper himself didn't make the best director list. And despite turning in great performances in multiple films, Matthew McConaughey came up empty handed at the HFPA. Other notable snubs include Robert DeNiro for Silver Linings Playbook — though best supporting actor is the tightest race this year — and indie darling Beasts of the Southern Wild, which didn't receive a single nomination.

The 70th annual Golden Globe Awards will be handed out live January 13, hosted by Tina Fey and Amy Poehler, who are nominated against each other in the best actress in a television comedy category.

Django Unchained HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

30 Rock's Jenna films final fiery tantrum

THE WORD
Dorothy Robinson
scene@metronews.ca

Much to 30 Rock fans' chagrin, Jane Krakowski, a.k.a. Jenna on the hit show, is getting a little break for the holiday season now that the sitcom is currently filming their last-ever episode.

"It's a very busy time right now between wrapping up 30 Rock and being a relatively new mom, and we're having Christmas dinner at our house this year for the first time," she says at an event for Bank of America, which raised money for Feeding America.

"Hopefully it'll be good; we wanted to sort of bring the joy of Christmas to our home, so our whole family is coming over. It should be a nice day and a nice way to sort of start a new chapter with 30 Rock ending."

"Yesterday we shot Jenna's last temper tantrum; it was fantastic. They told me to go as far as I wanted to go and the entire crew applauded when it was over because everyone knew it was the last time Jenna would be insulting people and throwing things.

"It was very fun — incredibly satisfying."

Renee Zellweger ALL PHOTOS GETTY

Zellweger, it seems, has a new man in her life

Renee Zellweger apparently has a new man in her life. The actress was spotted at LAX airport smooching musician and producer Doyle Bramhall, who previously dated Sheryl Crow, according to Us Weekly. "They went to college together," a source says of the new couple. "It's going really well." Zellweger was last linked romantically to Bradley Cooper, but they split up in March 2011 after dating for less than two years.

Sean Penn

Penn delivers insight into romantic past

Two years after his divorce from Robin Wright, Sean Penn is opening up about their marriage — and his entire romantic history. "There is no shame in saying that we all want to be loved by someone. As I look back over my life in romance, I don't feel I've ever had that," he tells Esquire magazine. And while he doesn't mention Wright by name, he does discuss their split. "When you get divorced, all the truths come out, you sit there and go, 'What the f— was I doing? What was I doing believing that this person was invested in this way?'" he says. "Which is a fantastically strong humiliation in the best sense. It can make somebody very bitter and very hard and closed off, but I find it does the opposite to me."

Gabriel Aubry

Aubry in the clear over brawl with Martinez

Gabriel Aubry won't be facing criminal charges following his Thanksgiving day brawl with Olivier Martinez, the fiancé of ex-girlfriend Halle Berry, according to TMZ. In lieu of a formal hearing, the Los Angeles City Attorney is expected to hold an informal office meeting to discuss the altercation with Aubry, but the French-Canadian model won't have to worry about any further repercussions.

Twitter

@ElizabethBanks
Snark all you want hipsters, Billy Joel sounds great. The man's still got it.

@IJasonAlexander
Having a blast killing my poker pals at Brad Garrett's house. One more hand, I won this house.

@iamrashidajones
I love E.T. and still believe he is real.

@GarryShandling
Oh, let the Koreans have outer space.

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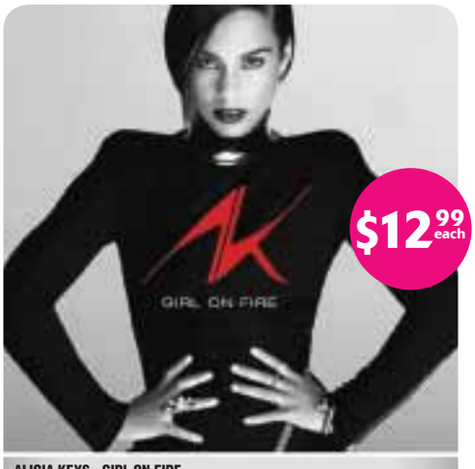

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HOLIDAY 2012 gift guide

Yule love these e-readers

Kindle Keyboard 3G — $189 | Kobo Glo — $129.99 | Sony Reader — $139.99 | Kobo Mini — $79.99

MIKE YAWNEY
For Metro

It's hard to believe just a few years ago e-books were only for the tech savvy. Now, avid readers, commuters and travellers are frequently seen carrying these handy devices.

They are much lighter than a paperback and can store thousands of titles. Here are a few of the best e-readers for your loved one.

Sony Reader — $139.99
Sony has changed the design of its latest e-reader, dropping a few features like the headphone jack, but the end result is a more affordable device. With a dedicated public library button, Sony makes it easy to download books from your local library.

Kobo Glo — $129.99
The perfect e-reader for those who like to read in bed. The Kobo Glo has an adjustable illuminated screen so you can read in any lighting condition. Expandable memory allows for an additional 32GB of storage, basically allowing for more than 30,000 titles to fit on your device.

Kindle Paperwhite — 139.99 US

Kindle Paperwhite — 139.99 US
If you are planning a trip to the U.S. you might want to pick up this new e-reader from Amazon (available in select box stores). Like the Glo, the Kindle Paperwhite has an illuminated screen but with higher resolution and contrast. It's light and has a battery capable of lasting eight weeks on a single charge. There is a cheaper version of Paperwhite with ads (Amazon calls these "special offers"), so if this will annoy you make sure you get the "Without Special Offers" model.

Kobo Mini — $79.99
The world's smallest and lightest e-reader. You can actually fit the Kobo Mini in your pocket. Despite its palm-sized footprint, this device has the regular features of a larger Kobo, complete with anti-glare screen and long battery life. Perfect for those who read on the go.

Kindle Keyboard 3G — $189
This older model of Amazon's popular e-reader is available in select Canadian stores. It may be one of the originals, but it remains a favourite for those who like downloading on the go. The 3G connectivity means you can download new titles anywhere you have cell reception at no additional charge. The built-in keyboard is great for those who hate touchscreen typing.

Best books for the ladies on your list

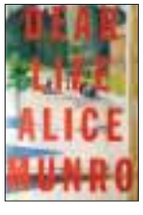
Required reading.
When the weather's cold, she can curl up with one of these

HEATHER BUCHAN
For Metro

A roundup of the top five books that are sure to engross the women on your Christmas 2012 gift list — and two stocking-stuffer suggestions.

The three volume Fifty Shades Trilogy is a New York Times bestseller.

Fifty Shades Trilogy
E. L. James, $47.85, Knopf Doubledy Publishing Group, Paperback Box Set.
The three-volume paperback boxed set of the New York Times #1 bestselling trilogy includes Fifty Shades of Grey, Fifty Shades Darker and Fifty Shades Freed.



Dear Life
Alice Munro, $32.99, McClelland & Stewart, Hardcover.
The award-winning author illumines the moment a life is shaped — the moment a dream, or sex or a twist of fate turns a person out of her accustomed path and into another way of being — with stories set in the area around Lake Ontario where Munro herself lives.

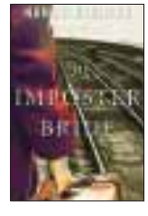
Flight Behavior
Barbara Kingsolver, $31.99, HarperCollins Publishers Ltd., Hardcover.
Set in present-day rural Tennessee, this novel tells to the story of Dellarobia Turnbow, a restless young farmwife who, after years of isolation and boredom, finds her path in life suddenly opening out.

Let's Pretend This Never Happened: (A Mostly True Memoir)
Jenny Lawson, $27.50, Penguin USA, Hardcover.
Blogging sensation Jenny Lawson takes readers on a hilarious journey recalling her bizarre upbringing in Texas, her awkward high school years and her relationship with her long-suffering husband. The premise: the most mortifying moments of our lives are the ones that define us.

Inside
Alix Ohlin, $22.95, House of Anansi Press Inc., Paperback.
Shortlisted for the Scotiabank Giller Prize and the Rogers Writers' Trust Fiction Prize, the book follows four compelling and complex characters from Montreal, New York, Hollywood and Rwanda, and explores the dangers and imperatives of making ourselves available to, and responsible for, those dearest to us.

And check out these paperback stocking stuffers:

Bossypants
Tina Fey, $17.50, Little, Brown and Company, Paperback.
With frank humour, Fey tells her life story — from her early days as a nerd to landing on Saturday Night Live to becoming a mom. As the book's description says: Tina Fey reveals all, and proves what we've all suspected: you're no one until someone calls you bossy. (Includes Special, Never-Before-Solicited Opinions on Breastfeeding, Princesses, Photoshop, the Electoral Process and Italian Rum Cake!).



The Imposter Bride
Nancy Richler, $17.99, HarperCollins Publishers Ltd., Paperback.
The story centres around Lily Azerov, a young woman arriving in postwar Montreal to meet her betrothed, Sol Kramer. But Lily is not who she claims to be. Who is Lily and what happened to young woman whose identity she stole?

11 shopping days left

Hit all the right notes

Ambiance. Music from these MP3 players and accessories can add to holiday atmosphere

Soundfreaq Sound Kick — $99.99

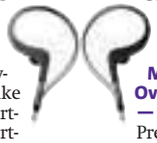
MIKE YAWNEY
For Metro

Music can invigorate, relax, and inspire. It's no wonder so many choose to share the gift of music during the holidays. Here are the best MP3 related gifts you can put under the tree.

iPod Touch — $299 and up
All the features of an iPhone without the actual phone. Apple's iPod Touch remains one of the best MP3 players on the market, probably due to the fact you can do so much with it. Play games, download apps, or video chat with loved ones. The new stylish design and retina screen ensure this will be a hit on Christmas morning.

Samsung Galaxy Player 4.2 — $179.99
A device for those who prefer Android over Apple. The Galaxy Player puts everything you like about Android smartphones into a small portable device minus the monthly fees. Music, apps, camera … it's all here, including FM radio!

Belkin Bluetooth Music Receiver — $49.95
Play music from your Bluetooth-enabled devices through your home stereo or stand-alone speakers — wirelessly. This tiny device will work with any speaker or stereo as long as it has an "aux in" port. Despite its small size, it transmits up to 33 feet away and will remember up to six paired devices.



Monster Inspiration Over-Ear Headphones — $349.99
Premium headphones for the audiophile in your life. These noise-cancelling headphones feature exceptional music production with ultra-comfortable ear cushions for extended wear. Remote and microphone cables come included so you can take calls on your smartphone without missing a beat. You can also swap out the headband for a more personalized look.

Soundfreaq Sound Kick — $99.99
Great sound without breaking the bank. This portable Bluetooth speaker not only gives you seven hours of play on a single charge, it also features a USB port so you can charge your MP3 player or smartphone. Brilliant!

Sony XBA Balanced Armature Sports Earbuds — $99.99
Ideal for those who listen to music while working out. These earbuds are not only sweat-resistant, they are waterproof, meaning you can wash them to ensure they are clean and ready for your next workout. Washing your MP3 player, however, isn't recommended.

SiriusXM Lynx — $299.99
A satellite radio receiver like no other. Listen to SiriusXM in your vehicle or in your home via Wi-Fi. This small, stylish receiver allows you to pause, rewind and record satellite radio, stream to Bluetooth speakers in your home, or play your own MP3s thanks to a built-in memory card slot.
This is also the first satellite radio receiver to feature a high-definition touchscreen.

Clockwise, from top, iPod Touch — $299 and up, SiriusXM Lynx — $299.99, Belkin Bluetooth Music Receiver — $49.95, Sony XBA Balanced Armature Sports Earbuds — $99.99, Samsung Galaxy Player 4.2 — $179.99.

Holiday parties with heart

Charity. Hosting a holiday bash? Now you can add a feel-good element to your fun

Hosting for Hope is a partnership initiative between the Canadian Women's Foundation and HomeSense. CONTRIBUTED

ASTRID VAN DEN BROEK
For Metro

Looking to do something meaningful this time of year?

While you could collect food for your local food bank or sign up to serve a holiday meal to the homeless, you could also turn your annual holiday open house into a Hosting for Hope event.

Hosting for Hope, which is a partnership initiative between the Canadian Women's Foundation and HomeSense, is a national event in which your party, brunch, lunch, tea or any other holiday party this season can be turned into a fundraiser for local women's shelters and violence prevention programs.

"We're hoping that Canadians, who will already be throwing parties this season regardless, could register their party at hostingforhope.ca and then ask the guests to make a donation instead of bringing a bottle of wine," says Tamara Robbins Griffith, public relations manager for Toronto-based HomeSense.

Those hosting the parties register with a $50 contribution to the initiative and from there they can send e-vites, messages and post pictures of their event. In turn, HomeSense will send a $25 thank you gift card to the host.

The site is also home for a number of party planning tips — such as how to dress up your powder room for the event, to how to make your own cake stand, to ideas for a good party playlist, and on the flipside, also allows you to find a shelter near you where your money would go as well as detailing exactly how your donation will be spent.

This is the first year of the initiative and Robbins Griffith hopes it'll prove successful and turn into an annual event.

"We're trying to make it as easy as possible," adds Robbins Griffith. "This is a way to feel really good about the consumerism of the season. We know you're going to spend money throwing your party but wouldn't you rather have your guests make a donation that goes to local women's shelters and violence prevention programs in your community instead of bringing you potentially a hostess gift that you don't need?

"It's not a big ask and it will make people feel really good while having fun."

Tsering and her mother.

SEVA CANADA PHOTO

HELP GIVE OTHERS THE POWER OF SIGHT

In low-income countries, blindness is tied to poverty. Millions could see if only they had access to care. When you give the power of sight, you provide access to education, employment and a better life.

Eighty per cent of all visual impairment is avoidable through prevention, treatment or cure.

Seva Canada, an international development organization, has worked for 30 years to restore sight and prevent blindness in low-income countries by creating local, sustainable programs that achieve long-term change.

This holiday season you can help a blind person see. Someone like Tsering, a blind Tibetan girl. At nine years old, Tsering suffered from devastating, vision loss due to cataracts. As she struggled with her studies, Tsering's classmates tormented and bullied her, giving her the name "trash girl."

Last year, Tsering had successful cataract surgery on one of her eyes at a Seva eye camp. Now 10, Tsering returned to the Seva eye camp, still shy and recovering from the emotional trauma of being bullied.

"I saw things much better and gained some respect from my schoolmates," she whispered, leaning against her mother. "I hope that my other eye can be treated this time and I can be more normal at school."

Two-hundred-and-eighty-five million people worldwide are visually impaired. Of those, 39 million are blind with 90 per cent living in low-income countries struggling for life's most basic needs. Two-thirds are women and girls. It doesn't need to be this way. This is a solvable crisis. We already have the answers. This holiday season, give the power of sight.

– Penny Lyons, executive director, Seva Canada

CHOOSE A CHARITABLE DONATION AS A GIFT

If you are wondering what to give to the person on your list who has everything, why not give a donation in their name to the Salvation Army.

"Many people already have everything they want," says Sylvia Ross, charitable gift adviser for the Salvation Army, Southern Saskatchewan. "But some people have nothing."

When you give to the Salvation Army, 86 cents of every dollar goes directly to those who need it. "Each and every gift stays within your community," Ross says.

When you choose to give a charitable donation as a gift this holiday season, the Salvation Army will provide you with a Christmas card to give to your recipient. This holiday card will state that a donation has been made in their name to the Salvation Army. The charitable receipt will be issued to the donor.

"Here is a chance to help someone at Christmas while honoring your special family member or friend," Ross says.

"Donations can also be made to recognize those who have supported your business this past year."

Ross says a number of people have also come in to donate on behalf of people who have provided a wonderful service to them, such as a hairdresser, yard care person, or favourite waitress.

To receive a donation card, visit or write to Sylvia Ross at the Salvation Army at 2240-13 Ave., Regina, Sask., S4P 3M7 or call 306-757-3111, ext. 223.

Donations can also be made online at salvationarmy.ca and click on "Donate Now."

Give hope today — give with purpose.

CONTRIBUTED

Give with Purpose

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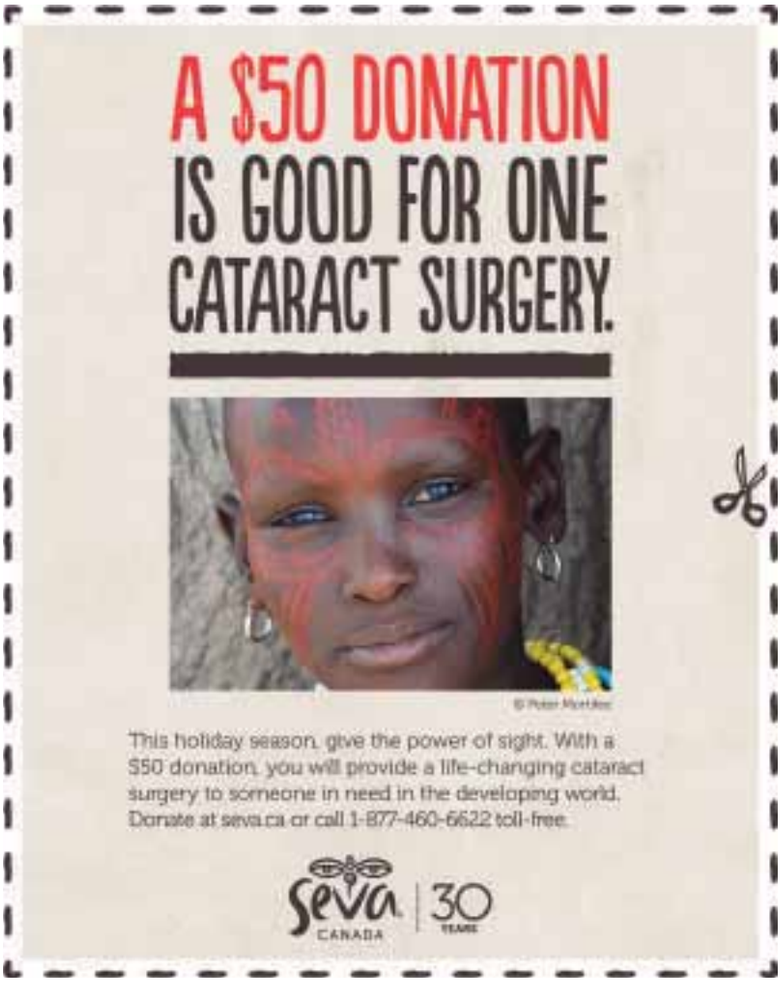
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CATARACT SURGERY.
This holiday season, give the power of sight. With a $50 donation, you will provide a life-changing cataract surgery to someone in need in the developing world. Donate at seva.ca or call 1-877-460-6622 toll-free.
Seva CANADA
30 YEARS

YOU CAN BRING HOPE AND CHANGE

WITH GIFTS OF HOPE FROM PLAN CANADA

Thinking of giving your child's teachers or daycare employees a more meaningful gift this year?

If so, then maybe charitable gift giving is for you. It was for Ruth Pogue and her husband, Greg McLean, who opted to give their children's teachers Gifts of Hope through Plan Canada rather than yet another coffee mug and gift card. Gifts of Hope is Plan Canada's ethical gift giving program focused on bringing change and hope to communities in need.

"I was looking for something different to give," says the Calgary-based Pogue. "And I'd just received a Plan Canada catalogue for Gifts of Hope in the mail. I started thumbing through it and there were some great gifts in there for $25 to $30 so I started giving those at Christmastime to teachers."

For Pogue it was a way to give a gift with more impact — after all, Plan, a non-profit charity, reaches more than 90,000 communities and 174.2 million people around the world. "What I like about Plan is that a lot of their Gifts of Hope are providing solutions to people, be it water or nutrition or maternity clinics," Pogue adds. "So they're enduring gifts or opportunities to help on an ongoing basis."

That's the intention of these gifts, notes Jeff Cornett, Plan Canada's vice-president of donor marketing. "Whether it is clean water for a family, a mango tree for a classroom to teach children gardening skills, or a goat that will provide milk, nourishment, and a source of income for a family, these gifts create a real difference in the lives of children and can help lift entire communities out of poverty."

Ruth Pogue with her husband, Greg McLean.

PLAN CANADA PHOTO

Last year's enduring gift that Pogue selected was the peanut butter project, a gift that, for $35, helps provide a valuable source of protein for growing children, and supports local businesses as well. The gift funded women's peanut butter co-operatives whose work included processing the peanuts, and also provided them with training in business and marketing.

While the catalogue is available online at plangifts.com, you can also order the gifts by phone at 1-800-387-1418 or mail in the catalogue order form. And along with giving the gift, Plan also followed up and sent Pogue and fellow donors updates about how some of the projects were faring.

"With Plan Canada, I feel like there really is a plan," Pogue says.

"It's helping these communities to further themselves. You feel your money is going to something worthy."

MAKE A DIFFERENCE IN THE WORLD

When donating to charities, many of us pick a donation area that's significant to us. And it's the ability to direct donations that donors like Kathy Crowell enjoy when she purchases a Gift of Hope through the non-profit charity Plan Canada.

Gifts of Hope is Plan Canada's ethical gift giving program focused on bringing change and hope to communities in need.

"I've given my sister Gifts of Hope for the past few years as Christmas gifts," Crowell says.

"I've always given livestock as she is a true animal lover."

Gifts of Hope allow donors to direct funds and engage in Plan's key areas of work such as education, health, clean water, micro-finance and livelihood, and disaster and emergency response.

Many of Plan Canada's gifts also have a donation matching system in which contributions can be matched with a donation from generous funding partners. For example, a $70 donation to provide maternity beds and supplies has a 6-to-1 match ratio, meaning a $70 donation actually ends up having a value of $490.

While a number of Gifts of Hope continue to be popular — such as a mango trees ($15 each, 10 for $120), classroom essentials ($17 for one child, $250 for an entire classroom) to even purchasing a goat ($75 each, $775/herd), which can help provide income and food for families — this year, Plan Canada has also added a number of new gifts. These include: Newborn checkup ($12); help orphaned children affected by HIV ($75); build and stock a school kitchen ($500); and more.

Kathy Crowell in the Virunga mountains with students who are learning a traditional dance.

PLAN CANADA PHOTO

"In addition, this year anyone who purchases a Gift of Hope will be entered to win a trip to Tanzania in 2013 to see Gifts of Hope in action," says Jeff Cornett, Plan Canada's vice-president of donor marketing.

That's what Crowell had a chance to do last year when she travelled to Rwanda through the organization.

"We were able to see the school that was being built, a clinic, a livestock co-op and a micro-financing project," she says.

"Plan Canada is truly making a difference in the world — these Gifts of Hope work. My experience in Rwanda was life-changing."

FIVE GIFTS FOR LESS THAN $50

Here are five gifts less than $50 you can get through Plan Canada's Gifts of Hope program.

NEWBORN CHECKUP ($12): To help support workers who visit moms and their newborns in the first three days of the baby's birth, this kind of checkup can help improve infant mortality rates.

3 BABY CHICKS ($17): Once they start laying eggs, chickens become an instant source of income, often for women. They are also an important teaching tool for young girls to learn livestock management skills.

GIRLS' HYGIENE ESSENTIALS ($25): This gift is essential and can be handed out in critical times such as war/conflict or a natural disaster.

ANTI-MALARIA BED NETS ($30): These nets are locally made and can cover an entire family to help prevent the spread of malaria.

ENDLESS HARVEST ($40): An all-in-one gift that provides gardening essentials such as seeds, tools and training in pest control and farm management.

EMERGENCY ESSENTIALS ($50): For natural disasters or emergencies of any kind, this gift allows Plan to get into a crisis zone fast to help distribute clean water, tarps, high-energy food rations, hygiene supplies and more.

Give a Gift of Hope
Why a goat?
When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. **Gifts of Hope** are real gifts to real projects that change real lives.
Charitable Registration Number: 11892 8993 RR0001
Think outside the gift box
Shop now at plangifts.com
Plan is one of the world's oldest and largest international development agencies, working in partnership with millions of people around the world to end global poverty.
Plan

YOU CAN MAKE A DIFFERENCE

DONATE TO REGINA PALLIATIVE CARE INC.

This holiday season, forget giving those sweaters that will get shoved to the back of the closet, a box of chocolates that no one really needs or that gadget that will be out of date by next December — this year, give the gift of giving.

When you donate to Regina Palliative Care Inc., you are donating to a service in the community that is extremely important.

"We take our role in healing the soul of our community very seriously and know we cannot do it alone," says Bill Pratt, executive director, Regina Palliative Care Inc.

"It is with the help of donors that we are able to succeed."

Funded by individuals, service clubs, small businesses, large corporations and foundations, Regina Palliative Care provides funding to support palliative care programs to patients and their families in the Regina Qu'Appelle Health Region.

This care gives patients a quality of life, comfort and care for individuals and their families facing non-curable illness, death and bereavement.

If a person is experiencing grief, there are a number of accessible free programs available through the Greystone Bereavement Centre.

"When someone is dealing with the death of someone important to them and they are having trouble understanding their new reality, receiving free help can really make a difference," Pratt says.

"Whether it is in a group or individually, learning how to mourn and recognizing the thoughts and feelings you are experiencing are completely OK, can make a huge difference."

You can make a difference in your community with a donation to Regina Palliative Care.

When you donate, you reach down and give someone a hand up.

It is this type of giving that really creates a community.

"When people donate money to help, it has an enormous impact," Pratt says.

"Because of the money given by people, we are able to help the palliative care program purchase new equipment and provide training to its volunteers and employees."

DIGITAL VISION/THINKSTOCK

GENEROUS COMMUNITY

Regina Palliative Care Inc. and the Greystone Bereavement Centre only exist because of the donations from people in the community.

"It is because of the generosity of the people in our community that we are able to support palliative care in a way that allows that level of care to always be the best it can be," says Bill Pratt, executive director, Regina Palliative Care Inc.

"The programs and services of the Greystone Bereavement Centre only happen because people in our community care enough to make donations."

Making a donation during the holiday season is a great way to show your support for others in the community who are facing very real and difficult situations.

"Taking a moment to contribute to the healing of the soul of our community is a good thing to do," Pratt says.

Donations can be made online at rpci.org or by phone at 306-766-6946.

For more information about Regina Palliative Care and the work it does for the community, visit rpci.org.

CENTRE HELPS WITH HEALING JOURNEY

The holidays can be a difficult time if you have experienced the death of a loved one.

After recognizing a lack of services in the community for those dealing with grief, the Greystone Bereavement Centre was born.

In 2008, through the fundraising efforts by Regina Palliative Care Inc., the Greystone Bereavement Centre opened its doors to help the community heal.

"We knew that the impact on people experiencing loss can be great," says Bill Pratt, executive director, Regina Palliative Care Inc.

"There can be physical, emotional, social and workplace implications."

Throughout the rest of the year, support is there for you.

"What's great is that we have professional psychologists and counsellors on staff with very focused experience in helping people with grief," Pratt says.

"For anyone experiencing grief, the help you can receive from us makes an enormous difference."

For adults, the Adult Bereavement Support Group offers those looking for support a place to meet, once a week for five weeks.

Children and teens who have experienced a death of a loved one can attend the Childhood/Teen Grief Support Group, where they meet twice a year for six weekly sessions.

In the summer, bereaved children can attend Caring Hearts Camp.

The services offered through the Greystone Bereavement Centre come full circle. All services and programs are available free of charge and without any kind of medical referral.

HEMERA/THINKSTOCK

The centre only works because of the donations from individuals and organizations in the community.

"When people donate, their gift ensures that the professional counselling remains free for everyone," Pratt says.

Donations to the Greystone Bereavement Centre also helps keep its Conexus Resource Library stocked with current books and DVDs that are available for loan free of charge.

This holiday season, give the gift of support for those who need it most at this time of the year. Through a charitable donation to the Greystone Bereavement Centre, you can help create a happy holiday for those in your community.

To learn more about the services available at the Greystone Bereavement Centre, call 306-766-6946, or visit rpci.org.

When the Journey Ends

Regina Palliative Care Inc. has been a registered charity for 29 years. During that time, enormous comfort, support and guidance have been provided to thousands of people as a member of their family or friend has faced the final stage of life. Our charity is proud to provide financial support to the Palliative Care Program of the Regina Qu'Appelle Health Region.

We operate the Greystone Bereavement Centre; a place where children, teens, women and men can come for professional counseling when they are experiencing grief associated with the death of a family member or friend. All of the individual and group counseling is provided free of charge.

It is because of the generosity of donors that we are able to provide the counselling free of charge, send kids to camp and provide equipment and training for the Palliative Care Program.

We'd like to do more and help more people. We invite you to make a gift today.

I've enclosed my donation to help Regina Palliative Care Inc. continue helping others.

Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

Please mail your cheque to: Regina Palliative Care Inc.
4400 – 4 Avenue
Regina, SK S4T 0H8

To make a donation online, visit www.rpci.org. Our registered charity number is 119114221RR0001.

RPCI
Regina Palliative Care Inc.

CARING HEARTS FOR CHILDREN

Dealing with a death can be difficult for anyone, but as a child, this grief can stay with them long into adulthood.

Through Regina Palliative Care's Caring Hearts Camp, children have been able to seek support towards their healing.

"The camp has been running for 16 years and it is amazing to watch how kids from various backgrounds become friends and learn how to mourn," says Bill Pratt, executive director, Regina Palliative Care Inc.

"When a person dies who is special to a young person, it is important that that young person has a place to go to help them make sense of it."

Through a variety of musical, artistic and physical activities, young people learn how make sense of their new reality.

Pratt says the difference in children is visible from the time they leave for the camp until the time they step off the bus at the end of the weekend.

"Big smiles with lots of laughter tell us something positive has happened," Pratt says.

"Parents will tell us their kids learned a lot at the camp and they say the kids talk more, laugh more and are doing better."

ISTOCKPHOTO/THINKSTOCK

Through the generous donation of The RBC Foundation and other donations from individuals, service clubs and businesses, 80 children each year get to experience this camp at a time in their lives that can be extremely difficult and realize they are not alone through it.

And helping to keep this camp running each year are many caring and highly skilled volunteers. Nearly 50 volunteers give their time to ensure the camp is a success. Some of these volunteers come from the Canadian Progress Club Regina Wascana.

For the past 29 years, the Canadian Progress Club Regina Wascana has been a good friend to Regina Palliative Care Inc.

When the camp started, volunteers rolled up their sleeves and began making a difference in the lives of the children and teens who need help.

"These women are amazing," Pratt says. "These women are extremely generous with their time, money and caring to help us make sure the camp is the best it can be."

For more information, or to obtain a registration package, contact Terry at 766-6949 or terry.greene@rqhealth.ca.

To the Canadian Progress Club Regina Wascana, we say

Thank you

Thank you for standing beside us and with us for 29 years as we all work to serve those in our community who reach out to us for help. You're a good friend.

Thank you for rolling your sleeves up and making a difference for children and teens who attend our Caring Hearts Camp. Your kindness is, literally, changing lives.

Thank you for your brilliant efforts in helping to create the Regina Wascana Grace Hospice. Creating the space and opportunity to die in a non-hospital setting is powerful beyond words.

Thank you for organizing and staging the Festival of Trees. It is a remarkable event that kicks off the holiday season. Because of the money you raise at that event, people in our community can receive grief counselling for free.

Your contributions, efforts and belief in the work we do are immense. Your impact has affected the very soul of our community. Thank you.

RPCI
Regina Palliative Care Inc.

Canadian Progress Club
Club Progrès du Canada

MANY WAYS TO HELP THOSE IN NEED

WITH A DONATION TO SALVATION ARMY

If you want to donate to those in need, the Salvation Army wants to hear from you.

You know the Army well. You have seen its familiar red kettles on street corners, in malls and at transit stops. Those kettles are minded by Salvation Army volunteers, dressed brightly for the season, ringing or jingling their bells. Some volunteers even sing. It's their job to offer you a quick and easy way to donate — and your contribution is always appreciated.

But this is just one of the ways the Salvation Army helps you give. You can donate any amount you want by mailing a cheque or money order, payable to the Army; or you can donate over the phone, using your credit card. You can even donate online. The gift can be made in your name, or in honour of a friend or loved one. It can be made in their memory, too. The choice is yours.

Donations take many forms. Some people choose to donate their publicly listed securities to the Salvation Army. The Army provides these donors with a charitable tax receipt for the full market value on the day it receives the securities in its account.

Clothing and household goods are always needed. To give, simply fill a bag with new or gently-used items, then drop it off at your nearest Salvation Army Thrift Store. All net proceeds go to support vital Salvation Army programs and services in your community.

Thrift Stores are "green," too. Every item a Thrift Store accepts — saleable or not — is one less item that ends up in a landfill.

You can even donate your time. Salvation Army volunteers come from all backgrounds and all ages; and they help out in a myriad of ways. You could even be a bell-ringer, minding a kettle of your own.

However you choose to give, you will be part of the Salvation Army's 130-year tradition of giving — one that will continue for as long as people in your community need help.

To find out more about how you can donate clothing and household items this season, phone 800-757-4483 (PLS-GIVE), or visit thriftstore.ca.

And to inquire about corporate donations, contact Colin Mackenzie, product sourcing manager, at 204-953-1514.

CONTRIBUTED

Your support helps make a difference in your neighbourhood!
THE SALVATION ARMY
THRIFT STORE
The Salvation Army Thrift Stores are in urgent need of your clothing donations this holiday season!
Call 1-800-757-4483 for donation information
Go to Thriftstore.ca for a list of store locations
Drop off at any of our new clothing donation bins!
Clothing Donations Only
Dec 17th-22nd, A different manager's special each day!

Home for the holidays with singer Paul Brandt

Christmas traditions. Country superstar shares why this time of the year is special to him and his family

DAN CLAPSON
life@metronews.ca

Taking a break from promoting his new album, Just as I am, Paul Brandt — Canadian country music star, husband and father of two — shares some of his favourite things about the Christmas season.

He also offers a simple recipe that's sure to be a hit at your next holiday party.

Paul Brandt loves the spirit of the holidays. Fruit Cake? Not so much. SUBMITTED

What's your favourite part about spending the holidays with your family?
I'm often overwhelmed with gratitude for my family and our relationships during Christmas. Moments when we can just be together, celebrating, singing, eating and giving gifts to each other are so precious to me.

Do you have any family traditions that take place on Christmas Day?
A mandarin orange being in the toe of our Christmas stockings. The orange has to be eaten, and stockings emptied, before we can move on to the presents.

Are you pretty hands-on in the kitchen while making the holiday dinner?
I like being hands-on, but my mom and mother-in-law do the majority of the work for the big family dinners. I will happily jump in and carve the turkey... and maybe reserve a choice piece or two for myself as payment for my services.

Do people ever request an impromptu mini-Christmas concert in December? Do you have a favourite holiday song to sing?
I am often asked to sing around Christmas ... and I don't know why, but one of my favourites to sing has always been I'll Be Home For Christmas. Probably one of the most depressing Christmas songs ever, but I love crooning it.

The most memorable gift you've ever gotten at Christmas was...
I first met my "wife to be" at a Christmas Eve church service in Calgary back in 1995. Three months before that date, I had heard her sing at that same church, and I was smitten from the moment I laid eyes on her...

Fruitcake. Love it or hate it?
Is "loathe" too strong a word?

What is the one thing in your life that really makes the holidays complete?
For me, the Christmas season is all about my faith. This faith perspective during the holidays reminds me to go out of my way to think about and help others, and when I do, I feel like the holidays really come together for me in a special, memorable way.

Liquid Assets

Glass full of holiday spirit

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Though it took a few bottles of bubbly and repeat viewings of A Charlie Brown Christmas, I've finally found my holiday spirit.

While I'm sure some of you will have an alternative to turkey as the star of your Xmas meal, the big bird is it for the majority of us, so this week I'm focusing on white wines to match.

Roast turkey never makes an appearance in the dining room alone. And it's all of the side dishes (like cranberry sauce, herbaceous stuffing and sweet potatoes) that have the greatest chance of clashing with your wine choice.

An off-dry white made with the peppery gewürztraminer grape or medium-dry riesling grape from any country is a great pick. So is one made with sauvignon blanc from New Zealand or France.

I'm partial to a lightly oaked chardonnay. The majority of white French Burgundy wines fit the bill, as do many chards from Australia, Chile, Canada and California.

The 2010 J. Lohr Riverstone Chardonnay ($18.95 - $22.99) used to be an oak bomb, but recent vintages have seen it transformed into a mouth full of tropical fruit with butterscotch aromatics and a subtle, turkey-friendly tone of wood.

Next week, the reds. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Entertain with Paul's Picked Shrimp

This is Paul Brandt's go-to recipe for holiday entertaining. DAN CLAPSON

When Paul Brandt has guests during the holiday season, he serves up this easy to make Pickled Shrimp appetizer.

1. Thaw shrimp under cool water and drain. Layer shrimp, onion and bay leaves in shallow dish. Combine remaining ingredients and pour over shrimp. Cover and chill 24 hours. **RECIPE BY PAUL BRANDT**

Ingredients

- 1-2 bags cooked frozen shrimp
- onions, sliced thinly
- several bay leaves
- 1 cup olive oil
- 3/4 cup white vinegar
- 3 tbsp capers with juice
- 2 1/2 tsp celery deed
- 1 1/2 tsp salt
- 6 drops Tabasco sauce
- Juice of 2 lemons

WHL

Pats travel to Alberta to take on Hitmen, Oil Kings

The Regina Pats have a busy weekend ahead of them with games against the Calgary Hitmen on Saturday night and the Edmonton Oil Kings on Sunday.

The Pats currently have a record of 11-18-2-2 and sit in last place in the WHL's East Division.

Faceoff for Saturday's game is 7 p.m. at the Scotiabank Saddledome in Calgary. On Sunday the puck drops at 4 p.m. at Rexall Place in Edmonton.

METRO

Curling

Higgs starts strong at Canadian Open

Jake Higgs needed only four ends to complete a 10-3 blowout win over Steve Laycock on Thursday at the Canadian Open of Curling in Kelowna, B.C.

Higgs, from Harriston, Ont., scored four in the opening end and added six more points in the fourth end.

In other Draw 2 games, Brent Pierce of New Westminster, B.C., doubled Rob Fowler of Brandon, Man., 8-4 and defending champion Mike McEwen of Winnipeg defeated Toronto's Mark Kean 6-3.

Brad Gushue of St. John's, N.L., edged Jim Cotter of Kelowna 5-4 and Rob Rumfeldt of Guelph, Ont., shaded Jean-Michel Menard of Quebec City 5-4.

The tournament is the second men's Grand Slam event of the World Curling Tour season and has a purse of $100,000.

THE CANADIAN PRESS

Reason to cheer for prolonged lockout

World juniors. Canadian squad should be most talented in years, assuming NHL labour dispute continues

Nathan MacKinnon, left, from Cole Harbour, N.S., and Ryan Nugent-Hopkins, from Burnaby, B.C., chat at selection camp in Calgary on Wednesday. Both MacKinnon and his Halifax Mooseheads teammate Jonathan Drouin cracked the Canadian roster as 17-year-olds. JEFF MCINTOSH/THE CANADIAN PRESS

Ryan Nugent-Hopkins, Mark Scheifele, Jonathan Huberdeau. Not bad for a first line. With Dougie Hamilton and Morgan Rielly as the top defence pairing. And probably Malcolm Subban in net.

Coach Steve Spott has picked his talent-loaded team — the 23 players who will represent Canada at the world junior hockey championship in Russia — after a bullet-quick training camp.

Now he can only hope he can keep the team together.

The NHL lockout — or, the possibility that the lockout could end before the tournament is over — haunts him.

How worried is he? "On a scale of one to 10," he said. "Fourteen."

There's a very real risk that one, two or more of his players could be called to their NHL camp if the lockout ends. If they're called before midnight Dec. 25 — the deadline for handing in his roster — they can be replaced. If they're called after, Team Canada would play undermanned.

And it's the team's best players — Nugent-Hopkins (by Edmonton), Huberdeau (by Florida), Hamilton (by Boston) — who are the highest risk of being called back.

Some teams have pledged to Hockey Canada to allow their players to stay through the end of the tournament: The Leafs (Rielly), the Blues (Jordan Binnington, Ty Rattie), the Blue Jackets (Boone Jenner) and Penguins (Scott Harrington of the London Knights).

Scheifele has told the media that the Jets would let him stay, but the Jets have not told Hockey Canada that.

It may come down to public pressure for teams — especially Canadian teams — to leave their players in the tournament.

"We know exactly what we're dealing with," said Scott Salmond, Hockey Canada's senior director of operations.

"I would say it's just like an injury. If someone gets injured between the time we leave for Europe and the time the tournament starts, we can replace those guys. Unfortunately, obviously, it's going to be some of our best players. We've got great depth. We'll just have to call other guys in and some other guys will have to step up."

Plan B is to call back players from among the eight released Thursday evening: Goalie Laurent Brossoit, defencemen Frankie Corrado, Ryan Sproul and Matt Dumba and forwards Daniel Catenacci, Tom Wilson, Mark McNeill and Hunter Shinkaruk.

TORSTAR NEWS SERVICE

Quoted

"If that was to happen, we have a plan in place to be able to deal with it."

Hockey Canada senior director of operations Scott Salmond on the possibility of losing some top Canadians in the event of a resolution to the NHL lockout

Sweet 17

Halifax Mooseheads duo Nathan MacKinnon and Jonathan Drouin have cracked the Canadian roster as 17-year-olds.

- The inclusion of the pair is significant because the NHL lockout made all the country's top 19-year-old talent available.

THE CANADIAN PRESS

Bills' Spiller has running game to himself

Buffalo running back C.J. Spiller, right, will be carrying the load for the Bills now that co-starter Fred Jackson is injured. BILL WIPPERT/THE ASSOCIATED PRESS

The only thing C.J. Spiller was running out of in Buffalo was the patience needed to answer the near-weekly round of questions of why he wasn't more involved in the Bills offence.

"Pretty much, because, I don't know what else you all want me to say," Spiller said. "I can only carry the ball when my number's called."

Spiller should get accustomed to hearing his No. 28 called far more often over the final three games.

That's because "Spiller Time" has finally arrived after co-starting running back Fred Jackson was placed on the season-ending injured reserve Tuesday because of a sprained right knee.

Spiller doesn't enjoy the circumstances behind why he'll be getting more playing time. And yet, he's up to the challenge as Buffalo (5-8) prepares to "host" the Seattle Seahawks (8-5) in Toronto on Sunday.

By the numbers

6.55

With 944 yards on 144 carries, C.J. Spiller is averaging 6.55 yards per run. That's the NFL's highest total through 13 games since 1963, when Hall of Famer Jim Brown averaged 6.61 yards per carry with the Cleveland Browns.

"I'm not necessarily eager. I'm just eager to try to see what I can do to try to help us win," Spiller said. "It's time for every playmaker on this team to rise up a little bit, including myself. So I definitely have to take it to another notch."

Spiller insists he has nothing to prove to anyone whether he's getting 20-plus carries or just seven as happened in a loss to St. Louis last weekend.

He has been the Bills' most dynamic threat this season. Spiller leads the team with five touchdowns rushing and is on the verge of his first 1,000-yard season.

THE ASSOCIATED PRESS

4 SPORTS

CFL. 'Passion and love' for Alouettes compels QB Calvillo to continue

Anthony Calvillo says he feels great and he's playing well, so why retire even if he is 40 years old?

The Montreal Alouettes quarterback who was named a CFL all-star for a fifth time this season announced Thursday that he will return for a 20th season. He signed a contract for a year plus an option year, and will make another decision on whether to continue after the 2013 campaign.

"I have to evaluate every season if I still enjoy what I do, and I do," Calvillo said. "I strongly believe that this organization is going to continue to have success and I want to be part of that."

The league's all-time passing leader had his left, non-throwing arm in a sling from surgery last Friday to repair a torn labrum

THE CANADIAN PRESS

Quoted

"Going on 20 years, at one point, you're supposed to retire and that day will come. But today's not it. I have too much passion and love for this organization."

Alouettes quarterback Anthony Calvillo

NHL

Lockout sides meet face-to-face

Two days of talks between the NHL, the players' association, and federal mediators still haven't provided any answers for how to end the lockout.

Representatives from the fighting sides made it into the same room with a federal mediator Thursday. They just didn't make noticeable progress. Players' association special counsel Steve Fehr, who met with league lead counsel Bob Batterman on Thursday, said the sides intend to talk Friday in person or by phone. THE ASSOCIATED PRESS

Slugger Hamilton leaves Rangers for rival Angels

Highly prized free agent Josh Hamilton, pictured as a Texas Ranger in June, has signed a contract with the Los Angeles Angels. TIM SHARP/THE ASSOCIATED PRESS FILE

MLB. Hamilton, the AL's most valuable player in 2010, gets second-highest salary in baseball

Josh Hamilton left the Texas Rangers on Thursday and agreed to a $125-million US, five-year contract with the Los Angeles Angels.

Rangers general manager Jon Daniels said the slugging free-agent outfielder had reached a deal with the AL West rival Angels. Two people familiar with the talks disclosed the amount and length of the contract, speaking on condition of anonymity because the agreement was not yet final.

Hamilton's $25-million average salary matches Philadelphia first baseman Ryan Howard for the second-highest in baseball, trailing only Alex Rodriguez's $27.5-million average with the New York Yankees.

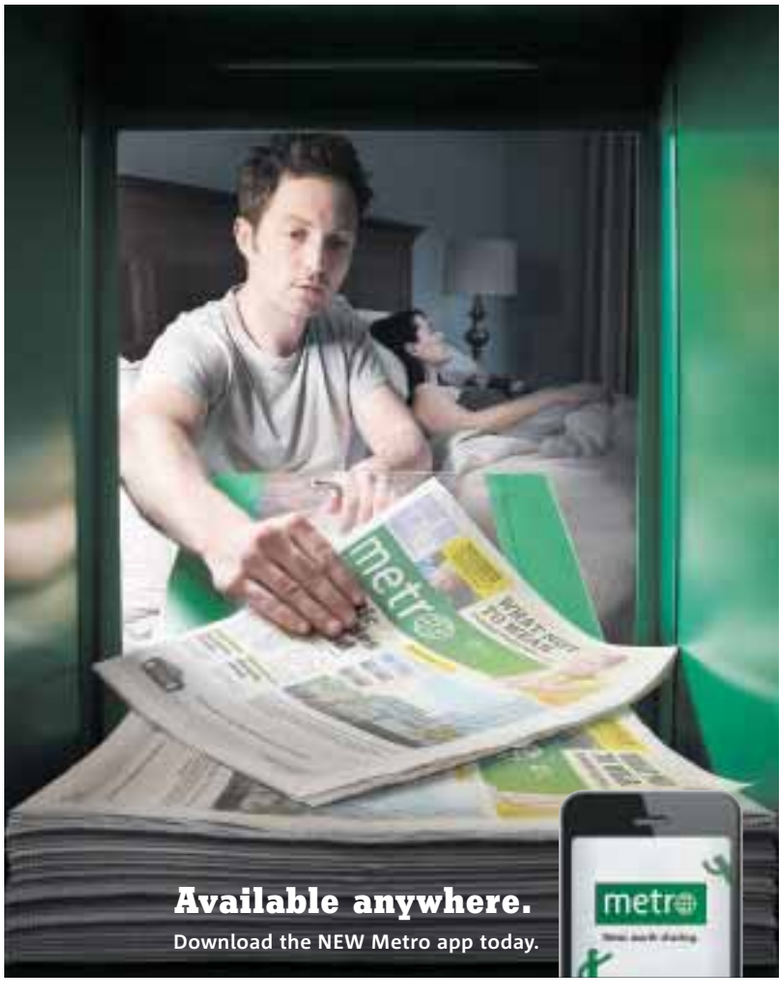
Texas had hoped to re-sign the 2010 AL most valuable player, who led the Rangers to consecutive World Series appearances in 2010 and 2011.

Speaking Thursday after a Rangers holiday luncheon, Daniels said he had just been informed of the decision by Hamilton's agent, Michael Moye.

"I never expected that he was going to tell us to the dollar what they had, and a chance to offer it. Our full expectation, the phone call was going to be before he signed, and certainly not after," Daniels said. "Everybody's got to make their own calls." THE ASSOCIATED PRESS

Big-spending Angels

- Hamilton joins a team that spent big last off-season to add first baseman Albert Pujols for $240 million and pitcher C.J. Wilson — Hamilton's Texas teammate — for $77.5 million.
- Yet the Angels disappointed and failed to make the playoffs.



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Horoscopes

♈ Aries
March 21 - April 20
If you can no longer see the point of something then there is no reason why you should go on wasting time on it. Turn your attention towards more interesting things today, such as your social life and travel.

♉ Taurus
April 21 - May 21
No matter how many times you have bet against the odds and won in the past, you are unlikely to fare so well today. Err on the side of caution. Both in your personal life and in your work, you must play it safe.

♊ Gemini
May 22 - June 21
You seem reluctant to commit yourself to a plan or project that on most other occasions would appeal to you. Most likely your sixth sense is trying to tell you that it's too dangerous to get involved. Heed its warning.

♋ Cancer
June 22 - July 23
There is a danger that you will push yourself too hard and burn yourself out. Save as much of your physical, mental and emotional energy as you can today and over the weekend. You'll need it early next week.

♌ Leo
July 24 - Aug. 23
What would you do if you knew that you could not fail? Cosmic activity in the sympathetic sign of Sagittarius indicates that your dreams really will come true — if you have the courage to reach for them.

♍ Virgo
Aug. 24 - Sept. 23
Your main task over the next 24 hours is to find a positive outlet for all the emotional energy that has been building up inside you. Activities of a physical nature are an especially good way to let off steam.

♎ Libra
Sept. 24 - Oct. 23
It never hurts to let those you love know how much you care for them and you will get the chance to do that today and over the weekend. What you give out now will come back to you later many times over.

♏ Scorpio
Oct. 2 04 - Nov. 22
The planets suggest the efforts you make now will pay off in a big way around the middle part of next week. The powers that be have not forgotten you, but it doesn't hurt to remind them what you can do.

♐ Sagittarius
Nov. 23 - Dec. 21
You will fight with all your powers to get what it is you desire today and you won't take no for an answer. Your rivals will sense how serious you are and, for the most part, move aside rather than take you on.

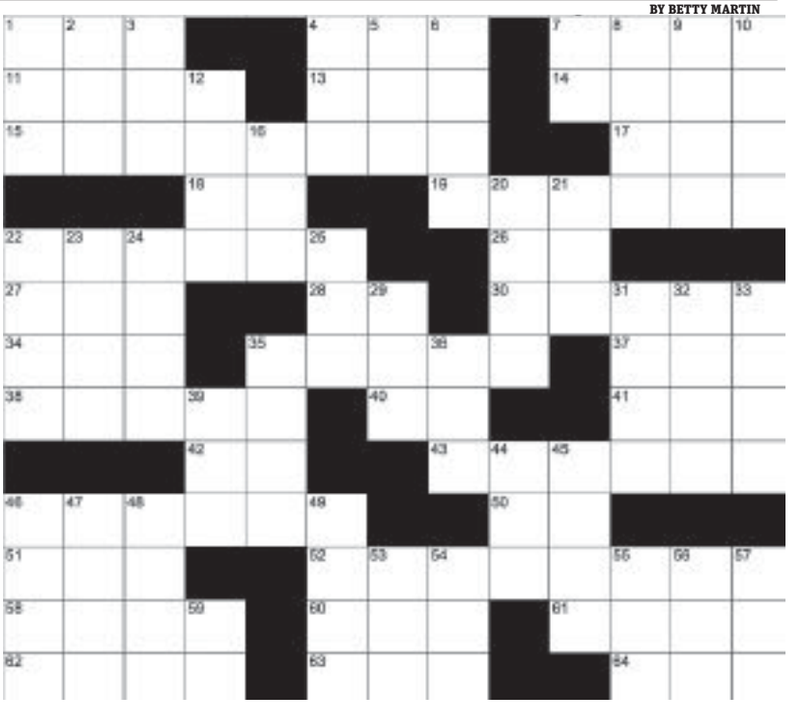
♑ Capricorn
Dec. 22 - Jan. 20
Your career plans are more likely to succeed if you keep your aims to yourself, at least for the next few days. The more you let rivals know what it is you desire, the easier you make it for them to deny you.

♒ Aquarius
Jan. 21 - Feb. 19
You may have a different outlook and a different way of doing things to a colleague but ultimately you share the same goal, so find ways you can work together. Your differences can make you both stronger and more effective.

♓ Pisces
Feb. 20 - March 20
What happens today and over the weekend will open your eyes to new possibilities and make you realize how much more is possible. Banish negative thinking in all its forms — there's no need for it at all. **SALLY BROMPTON**

Crossword

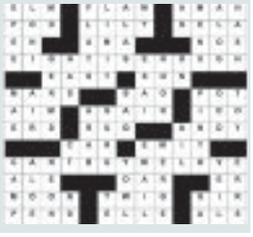
BY BETTY MARTIN



Across
1. When Paris sizzles
4. Provoke
7. Red Muppet
11. Peeples and Vardalos
13. Actress — Dawn Chong
14. — to Avonlea
15. Trigger
17. The Plastic — Band
18. Sha – Na
19. Decent
22. Scope
26. – lieu of
27. Summer attire
28. – Elsewhere
30. Geeks
34. Ortiz of Ugly Betty
35. Garden pest
37. Important time
38. Elegant shop
40. Modern Family actor
41. Ziering of Beverly Hills, 90210
42. Providence state
43. Citrus fruit
46. Anderson of Baywatch
50. Plural suffix
51. Exist
52. Like some brides
58. Irritate
60. Cartoon shriek
61. Lake near Buffao
62. Darrin's boss on Bewitched
63. Trash bag closer
64. Right angle shape

Down
1. Disney doe
2. Spasm
3. Snack
4. Writer Levin
5. Alley rodent
6. Hang on to
7. Night time drama starring Noah Wyle
8. Noose
9. Lion's locks
10. Smell
12. Without
16. Moving vehicle
20. Coat that gets tossed
21. — Life to Live
22. Airport postings, for short
23. Princess warrior of TV
24. Shade of blue
25. Recipe abbr.
29. What's — use?
31. Harness strap
32. Trail
33. Lucid
35. Shrub
36. Wedding words
39. Mineral
44. Matter, in law
45. Tennis great Arthur
46. Actor's quest
47. Diva's solo
48. Thaw
49. Promote, as criminal intent
53. Flower garland
54. Hawaiian instrument (abbr.)
55. Tick off
56. Zip
57. Harden
59. Star of CHiPs (init.)

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9		8				3	
			7				8	4
		4	6		9	5	2	
	5	7						
2								6
						1	9	
	1	2	5		3	7		
7	8				4			
	6				1		5	

Yesterday's Sudoku

3	5	8	2	9	4	6	7	1
4	2	1	7	8	6	3	5	9
6	7	9	1	3	5	2	4	8
7	8	5	4	2	1	9	6	3
9	4	2	6	7	3	8	1	5
1	6	3	9	5	8	4	2	7
2	1	7	8	4	9	5	3	6
8	3	6	5	1	2	7	9	4
5	9	4	3	6	7	1	8	2

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